



VIZAG NAVY MARATHON 2023

Sunday, 5th November 2023

Race Day Handbook





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Why Navy?

The Raison d'être of the Indian Navy is to win the future wars at sea for our country. The Navy's role is to ensure that no hostile maritime power can degrade its own national security and interests. The Navy's military role is characterized by the threat or use of force at and from the sea. This includes application of maritime power in both offensive operations against enemy forces territory and trade, and defensive operations to protect own forces, territory and trade. The military role is performed through the accomplishment of specific military objectives, missions and tasks.

Why Navy Day?

The Indian Navy celebrates the Navy day on the 4th of December every year to commemorate the courageous and brilliantly choreographed attack on the Karachi harbour during the Indo-Pak war of 1971. In the western theater of the war, the Indian Navy successfully attacked Pakistan's Karachi port in Operation Trident on the night of 4/5 December, sinking Pakistani destroyer PNS Khyber and minesweeper PNS Muhafiz. The outcome of this bravado belittled the Pakistan Navy, forcing them to hide within the confines of its port. In recognition of the valiant efforts of our Naval Warriors, a host of activities are organized every year by Eastern Naval Command as a run up to the Navy Day celebrations.



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About the Vizag Navy Marathon

The 8th Edition of the Vizag Navy Marathon is an annual running event organized by the Indian Navy's Eastern Naval Command in Visakhapatnam, Andhra Pradesh, India. As the flagship marathon of the Indian Navy, it has gained immense popularity and recognition as one of the most significant sporting events in the state. 15000 enthusiastic runners are expected to participate in the event on 5th November 2023 at the MGM Lawn, Visakhapatnam, running shoulder to shoulder with the brave men and women in white. The Vizag Navy Marathon also provides an avenue to promote a healthy lifestyle amongst the citizens. Each participant gets a wonderfully designed dry-fit T-shirt and a specially-crafted finisher's medallion.

There are 4 categories of races in the Vizag Navy Marathon 2023

- Full Marathon (42.2 Km)
- Half Marathon (21.1 Km)
- 10 Km Run
- 5 Km Fun Run



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About the Race Director:

P. Venkatraman

P. Venkatraman is India's FIRST, RRCA (of USA) qualified Race Director and has been a race director of more than 70+ events in India and has successfully managed these events. His attention to detail, his intensity of planning and his keen desire to keep the runner in the center of the experience ensures delight to all the stakeholders.

He can be credited with several unique firsts in the field of running in India.

- India's First RRCA certified Race Director.
- India's ONLY Level II RRCA certified Running Coach.
- Certified Course Measurer.
- Certified CPR/ AED and First Aid.



Author of book 'Sofa to 5K', a non runner's handbook translated into 4 regional languages
Founder of YouTooCanRun a 'One Stop Shop' in running catering to Event Organisers, Brands and other stakeholders.

He himself is a seasoned runner who has been running Half Marathons for many years. In fact, with a view to maintaining physical fitness throughout the year, in the last five years, he has been running the Half Marathon distance of 21 kms every single calendar month. To date, Mr. P. Venkatraman has run 160 Half Marathons which includes running in various parts of the world. Besides running, he also loves to read about running and has built a library of running books over the years. This has enabled him to assimilate a vast amount of knowledge on running which he delights in contributing to various running forums.

You can know more about him at:

www.youtoocanrun.com

www.facebook.com/youtoocanrun

www.instagram.com/youtoocanrun

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About this RaceDay Handbook:

We consider reading this handbook in detail, with attention, as critical for your race day experience as are the months of training preparation preceding it. The event has a design and scope and this handbook is the place to communicate that to you.

Pay particular attention to portions marked in bold. They require your special consideration.

- **Read this RaceDay handbook completely.**
- **Read and follow all signages**
- **Volunteers are for general guidance.**

It is important now to fix yourself a brew and switch off that phone!

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Race kit collection Expo:

The Race kit collection expo will be conducted on **28th and 29th October 2023**.

Venue: Sailors Institute, HPCL Steel Plant, Visakhapatnam, Andhra Pradesh 530014.

Timings: 9:30 am to 05:30 pm

Google Map Link: <https://maps.app.goo.gl/RycEJ2v1Z1FFQzdR9>

The Race kit collection expo for **Outstation Participants** will be conducted on **4th November 2023**.

Venue: Fresh Choice, CBM Compound, Asilmetta, Visakhapatnam, Andhra Pradesh 530003.

Timings: 1:00 pm to 05:30 pm

Google Map Link: <https://maps.app.goo.gl/63kBAD1wdZRmNRs87>

If you cannot come to collect the BIB then you can send someone on your behalf with a soft copy or a hard copy of your Confirmation Email/ SMS along with any of the following:

Government ID Proof:

- Aadhar Card
- Pan Card
- Driving License
- Passport

If you have not submitted your photo and ID proof, then please carry them with you.

There will be NO REGISTRATION OR BIB Distribution on Race Day morning.

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In Your Race Kit, You Will Find:

Your Running BIB. This is the unique number that identifies you and is hence non-transferable. (Please do not misplace your BIB, we can neither replace nor reissue a new bib)

- BIB Tag / Timing Chip (Attached on the BIB, if applicable)
- Vizag Navy Marathon Run T-shirt
- A Goodie Bag



Event Date: 5th November, 2023

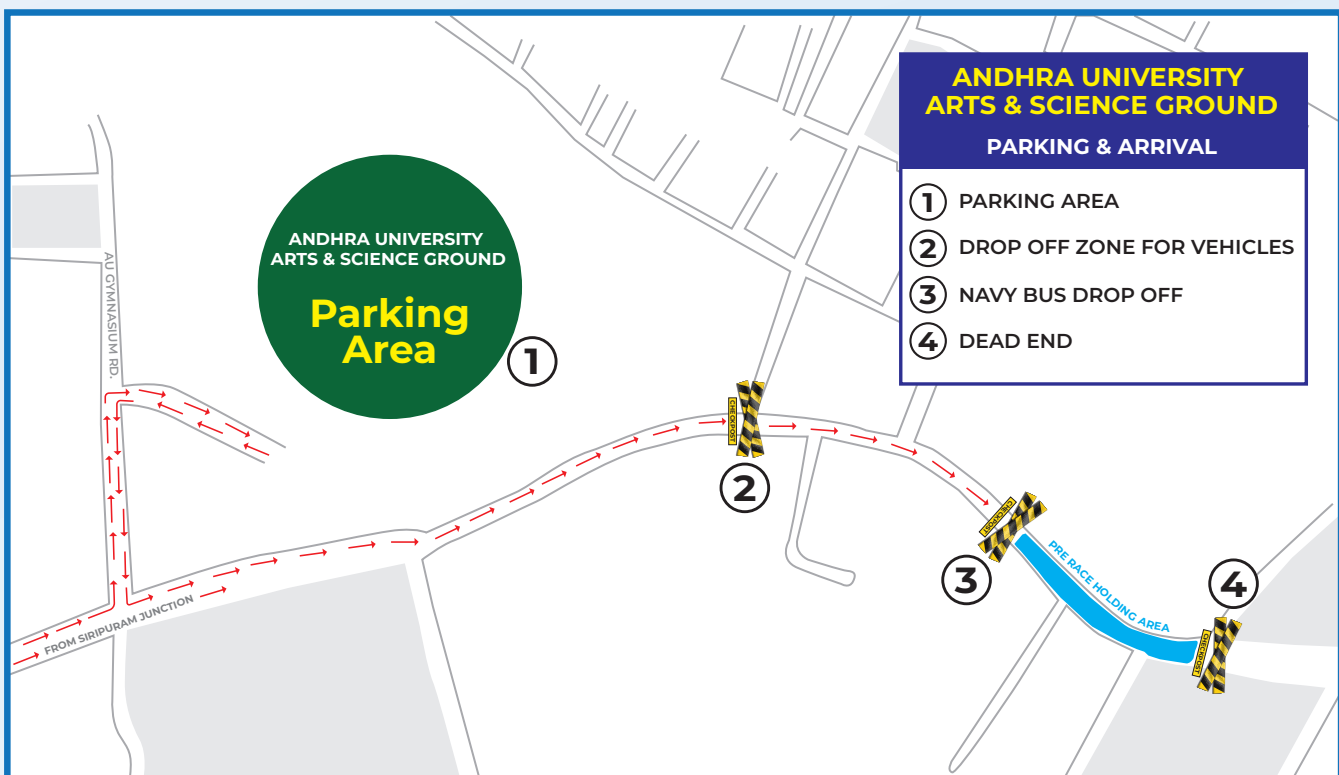
Venue: MGM Lawns, VMRDA Park, Visakhapatnam

Vizag Navy Marathon Race day Facilities:

The facilities available to the participants are all usual.. The usual facilities runners get are as under

Arrival: Participants are required to enter the event venue from VMRDA Gate beside 'The Park' Hotel In Gate. Participants are required to reach the venue 45 mins before the flag off time.

- 1. Arrival:** Participants are required to enter the Pre- Race Holding area from the Siripuram junction on to the Chinna Waltair Main Road towards the Andhra University Arts and Sciences Ground.
2. All other routes will remain non functional for traffic.
3. Participants are required to reach the venue 45 mins before the flag off time.
4. Parking will be available for cars at the Andhra University Arts and Sciences Ground.
[Google Map Link - https://maps.app.goo.gl/MP4UzW3E6yfxJ73t8](https://maps.app.goo.gl/MP4UzW3E6yfxJ73t8)



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5. **Drop off zone:**

Participants arriving by private vehicle or Taxi the drop off point is at the Andhra University Arts and Sciences Ground. Participants are requested to walk down to the Chinna Waltair Main Road towards Park Circle which is the Pre Race Holding Area.

6. **Baggage Counter:** No bags are allowed inside the holding area. There will be 2 baggage counters between check point 1 and 2. Bag tags will be provided.

Please Note:

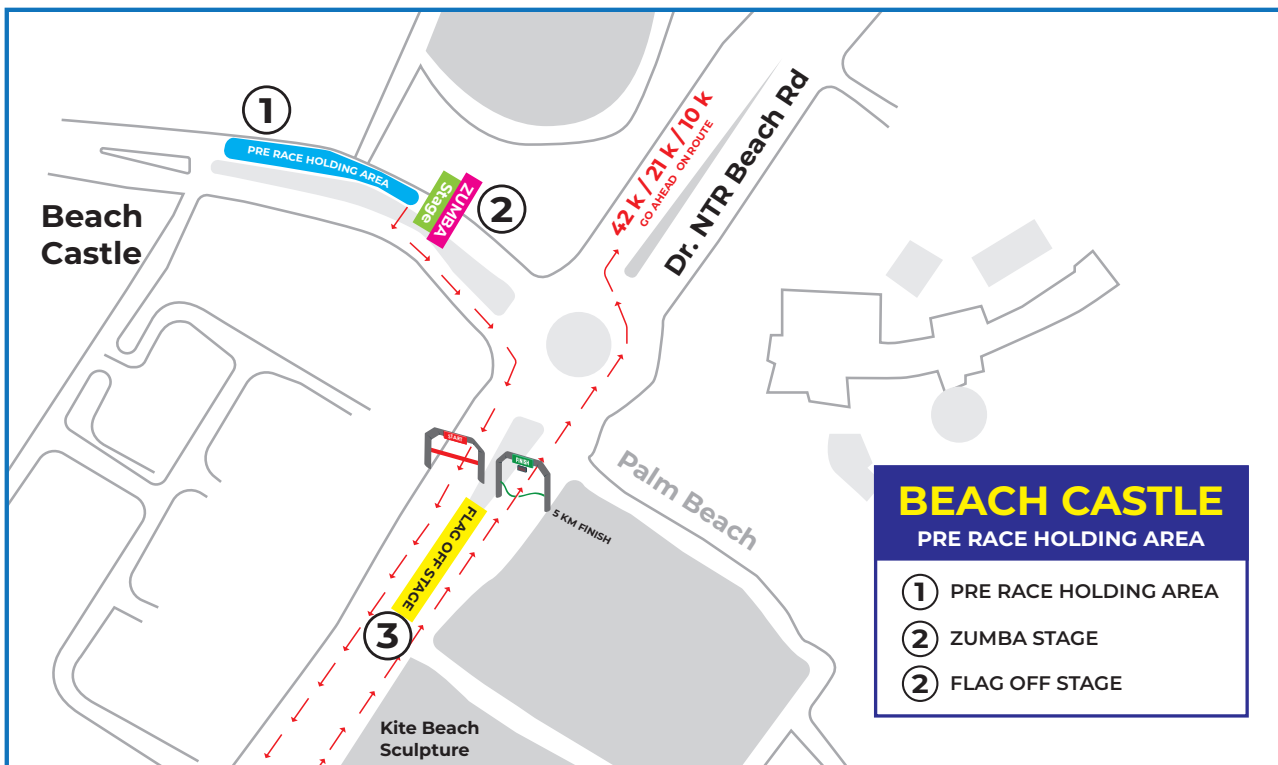
- Do not swap bibs or try to impersonate. It is an offence.
- Entry into the race venue is only for registered participants. Family members and other supporters cannot enter the venue during race time.
- No BiB - No Entry

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Pre Race:

- **Pre Race Holding area:** The Chinna Waltair Main Road is the Pre-race holding area. On arrival the participants will have access to minimal medical facilities, drinking water and restrooms.
- **Zumba sessions:** Keep ready to groove before the start of your run, Zumba Artists will be taking the session pre run.
- **Restrooms:** Portable male and female loos (toilets) will be available for all the participants at the race venue.
- **Medical and Water:** Our Medical partners will have a medical counter to attend to your pre-race niggles.
- **Announcements:** The master of ceremonies will make important announcements on:
 1. Event Start Time
 2. Energy Stations, restrooms and support en route
 3. Medical Stations
 4. Winning criteria
 5. Please do pay attention to the announcements. They will ensure that you enjoy the race.



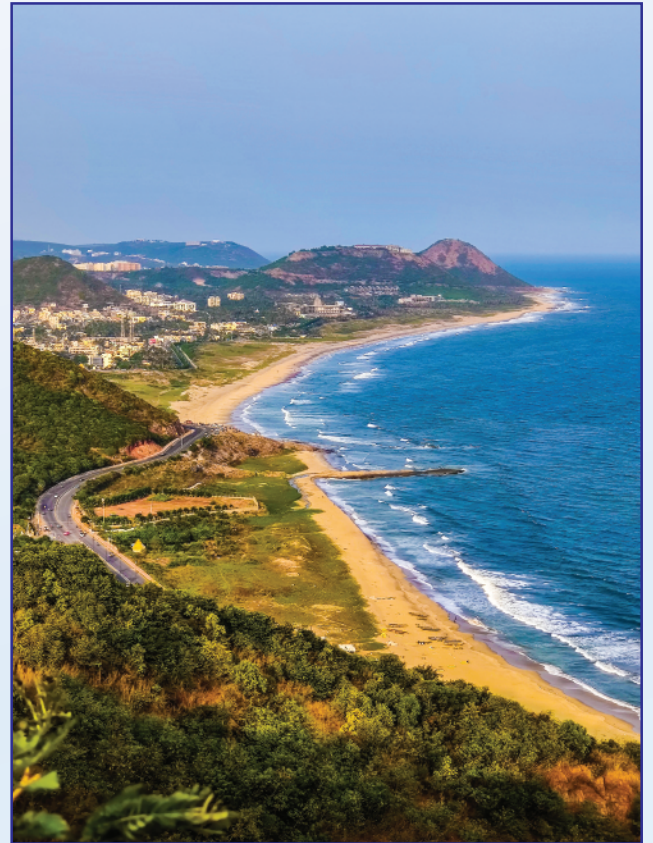
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The Race

- The Vizag Navy Marathon takes you on an exhilarating journey through the scenic and vibrant coastal city of Visakhapatnam. With its stunning views and historic landmarks, this race is not only a test of endurance but also an exploration of the city's rich heritage.
- All distance categories share the same starting point, located opposite the YSR Statue on Beach Road. As the race begins, participants will set off with the backdrop of the Bay of Bengal, creating a serene and inspiring atmosphere.
- After the flag-off, runners will follow the route toward the first U-turn point at NTR Statue Circle. This early part of the race offers a glimpse of the coastal beauty and bustling city life.
- Upon completing the initial U-turn, the course takes you further along the picturesque R.K. Beach Road. The mesmerizing views of the sea will accompany you as you continue your journey. The next U-turn point is on Dr. NTR Beach Road, before Uppada beach where runners will change direction, taking in even more of the stunning coastal scenery.
- The final leg of the race sees participants racing toward the finish line, which is located near the Officers' Flats on Beach Road therefore completing the entire 42.195 Km Route. The sea breeze, the sound of waves, and the enthusiastic cheers from the crowd will energize you as you complete your marathon journey.
- The Vizag Navy Marathon not only offers a challenging running experience but also an opportunity to explore the beauty and heritage of Visakhapatnam's coastal landscape. Come be a part of this memorable event and take in the scenic wonders of this vibrant city as you conquer the race.



**Please refer to the route maps on pages 14, 15, 16 and 17 for the 42.195 Km, 21.0975 Km, 10 Km and 5 Km routes.*

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On the course:

- **Water Stations:** They will have everything you need during the race. There is sufficient Water and **Fast and Up** for all the runners across **14 water stations**.
- **Medical Stations:** Medical help is available at the start/finish and multiple points enroute. Our medical partner **Care Hospitals** completely understand the requirements of runners and are ready to handle anything from a twisted ankle to a runner's specific conditions. There are medical stations along the route, with medical staff, besides ambulances on the route. Do not worry, you are in good hands.
- **Cheering Zones:** Cheering Zones are positioned along the route at crucial junctions to keep your energy going
- **Timing Tag and split points:**
 1. Check your timing chip at the back of the BiB one more time.
 2. Make sure it is stuck properly. The bib must be clearly visible on the front of the participants t-shirt at all times during the race. Ensure that you have pinned on the bib on all four sides. Without the timing tag you will not get your timing. If we don't have your reading at any one of the split points on route, it will be deemed that you DNF(did not finish).
- **Rest Rooms:** Clean restrooms are available for both male and female participants and are clearly sign posted.
- **Photographers:** At important locations along the route as well as finish areas, photographers will be stationed to capture you on race day. It will be our endeavor to give all participants a race day photo, but in mass events, sometimes coverage may not be possible for 100% of the participants. We will try but we cannot promise.



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- **Timing mat removal deadline: 10:30 a.m.**
- **Participants can continue running even after the cut-off time.**
- **The finishers will receive a medal.**
- **No timing certificates will be given to participants.**

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21.097 Km Pacers

D Viswa Teja



2:00 hrs

CDR. Vivek Anand



2:00 hrs

CDR. Jaiveer Singh



2:15 hrs

Yogeshwar Rao



2:15 hrs

Gopi



2:15 hrs

Yaswanth



2:30 hrs

NMCERA II Nitin Ahlawat



2:30 hrs

Ramesh



2:45 hrs

MCPO II (UW) Rajendra Yadav



2:45 hrs

Capt. Ravi



3:00 hrs

Nilu Kumari



3:00 hrs

Lt. Shorav Chauhan



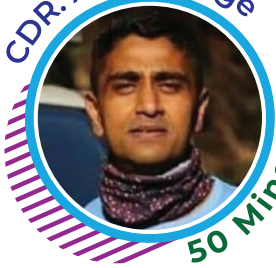
3:00 hrs

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10 Km Pacers

CDR. Alex George



50 Mins

CDR. Bhushan Lohakare



50 Mins

MCEL(P) | Suresh Kumar



60 Mins

Ravi



60 Mins

Beesapu Sri Ram



70 Mins

Padmini



70 Mins

Sheela Panghal



80 Mins

Neha Singh



80 Mins

Premlata Rathore



90 Mins

Jayadevi Vivekanand



90 Mins

Post Race:

Post Race Holding area: The MGM Lawns will be post race holding area of the event. On arrival, the participants will have access to the post race facilities in the following order

- Water
- Medical
- Finishers Medals
- Recovery Zone
- Unique Photo-op points
- Breakfast

We have planned for most aspects of the post race experience. However, catering to large numbers of participants can result in some variances in the planning process

- Some queuing is inevitable if a large number of runners come in a short span of time.
- Please maintain the order and discipline that is the hallmark of the Indian Navy
- Try to be efficient and keep proceeding ahead to make way for later arrivals



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PRIZES

42.2 K Full Marathon

Age Grps	18-39 years		40-55 years		56 & Above	
Position	Male	Female	Male	Female	Male	Female
First	75000	75000	25000	25000	20000	20000
Second	32500	32500	12000	12000	12000	12000
Third	25000	25000	7000	7000	7000	7000

21.1 K Half Marathon

Age Grps	18-39 years		40-55 years		56 & Above	
Position	Male	Female	Male	Female	Male	Female
First	35000	35000	10000	10000	10000	10000
Second	17500	17500	7500	7500	7500	7500
Third	10000	10000	5000	5000	5000	5000

10K Run

Age Grps	16-39 years		40-55 years		56 & Above	
Position	Male	Female	Male	Female	Male	Female
First	20000	20000	7000	7000	7000	7000
Second	10000	10000	5000	5000	5000	5000
Third	5000	5000	3000	3000	3000	3000

* Each age category must have more than 10 participants for prizes to be awarded in that category.

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Dos & Don'ts

Here are a few common sense tips to follow while running and these will help keep you on track and make the most of your running experience.

DO:

- Drink water before the race.
- Go to the bathroom before starting.
- Be aware of your surroundings.
- Conserve energy, keep a steady pace.
- Carry and drink plenty of water.
- Thank volunteers.
- Have a great time.
- Celebrate once you finish!

DON'T:

- Run with head down.
- Litter, hold on to waste for garbage bins.
- Be rude.
- Let yourself get weak (drink fluids, eat gels/bars).

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Race Day Checklist

- Emergency Contacts Informed about the race.
- Bib with timing chip and 4 safety pins.
- Runners water bottle or hydration pack.
- Energy gels or bars.
- Fully charged Cell phone (reception is good throughout the course).
- Headphones.
- Running hat, visor, sunglasses.
- Sunscreen and lip balm.
- Garmin/GPS tracking.
- Recovery drink, we highly recommend coconut water!
- Towel or wipes.
- Change of clothes, socks and shoes.
- Cash.
- Identification.
- Mind of a champion!

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Results Authentication Services

Vizag Navy Marathon 2023 believes in clean participation in the sport of running. To this extent is using the Results Authentication Services (RASE) of YouTooCanRun to detect instances inviting disqualification from future events such as:

- Impersonation, running with bibs under which they are not registered.
- Proxy running, i.e. running with more than one bib (bib mules).
- False entries, submitting wrong data especially with respect to date of birth.
- Initiating a chargeback on the card after having successfully participated in the event.
- Deviating from the course.
- Cutting the course.
- Taking unfair assistance especially for podium finishers, such as personal pacers, individual lead bikes etc.
- Has been disqualified by other event organizers in India or national and international bodies.
- Registrants found violating any of the above will be barred from participating in any future events on the YouTooCanRun registration platform.

Cheating offends against the ideals of sport and failing to act against it will bring running into disrepute.

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Our Partners

Associate Sponsor



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Healthcare Partner



Entertainment Partner



Energy Partner



Ambient Media Partner



Sports Wear Partner



Digital Content Partner



Advertising Partner



Volunteer Partner



Race Management Partner

